



PERI MERI
MENOPAUSE MOMENTS

PROGRAMME

Are you struggling with menopause?

Come along and join the **free** Peri Meri Programme with 2 hour weekly sessions being delivered over 5 weeks covering a new topic each week and see how we can support you. With hints and tips around menopause, wherever you are in your journey, this might be just what you need to help you through the “fog”!



WHEN & WHERE

THURSDAY
2ND JULY 2026
6.00 TO 8.00PM

ST DENYS
CHURCH ROOM,
MARKET PLACE,
SLEAFORD,
NG34 7SH

Want to know more?

To book your place on the programme email Deborah_chessum@n-kesteven.gov.uk or call on **07733 368676**.

To find out more about the programme scan the QR code.

SCAN ME

